

The bigger purpose of sports physicals (Broadcast)

INTRO:

FOR MANY FAMILIES – SPORTS PHYSICALS ARE VIEWED AS ONE MORE ITEM TO CHECK OFF BEFORE THE SCHOOL YEAR... OR SPORTS SEASON BEGINS. BUT THESE ANNUAL VISITS ARE ABOUT FAR MORE THAN GETTING A SIGNATURE ON A FORM.

TAKE VO

A YEARLY SPORTS PHYSICAL GIVES HEALTHCARE PROVIDERS AN OPPORTUNITY TO EVALUATE A YOUNG ATHLETE'S OVERALL HEALTH... PHYSICALLY... MENTALLY... AND EMOTIONALLY. FROM IDENTIFYING HIDDEN MEDICAL CONCERNS TO DISCUSSING STRESS... BURNOUT AND INJURIES... THESE APPOINTMENTS CAN PLAY AN IMPORTANT ROLE IN KEEPING KIDS HEALTHY BOTH ON AND OFF THE FIELD.

DR. JESSICA HIGGS... A PRIMARY CARE PHYSICIAN WITH OSF HEALTHCARE... SAYS ONE OF THE BIGGEST FOCUSES DURING A SPORTS PHYSICAL IS HEART HEALTH.

TAKE SOT | DR. JESSICA HIGGS | PRIMARY CARE PHYSICIAN | OSF HEALTHCARE

"A big one we screen for is something called hypertrophic cardiomyopathy," Dr. Higgs says. "It's a change in the way the heart is built that makes it harder for blood to get out of the heart. It can result in sudden death and can be made worse by more activity. The best way to screen it is to have both the parent and student present. Because the parent has some family history that maybe the student doesn't know, so they can say if there are any cardiac issues that run in the family. The kid can also say if they're having any symptoms, and you can put those things together."

VO TAG

DURING SPORTS PHYSICALS... PROVIDERS ALSO SCREEN FOR CONCERNS INVOLVING THE LUNGS... ASTHMA... PREVIOUS INJURIES AND CONCUSSION HISTORY.